

# Spiritual Exercises of dailyPAX

Ignatian Contemplation – Holy Saturday

## **Materials Needed:**

Bible

Journal

Writing utensils of your choice

Kitchen timer

Art or crafting materials

The exercise is on the next page.

Please do not read ahead.

Our minds are active and will begin “working” on anything that it comes across. To derive the greatest benefit from the Spiritual Exercises of dailyPAX, do not permit your mind to begin working the exercises until your whole person is ready.

Print out the materials and tuck them away.

Find a quiet location and give yourself a whole hour to be present to God in this exercise.

When you are ready to begin, quiet all distractions, set your timer for a full hour, and begin. If you finish before the time is completed, sit in quiet contemplation of what you have learned.

# Ignatian Contemplation

## Personal Meditations on Holy Saturday

Utilizing a meditation technique called “Ignatian Contemplation” you will join the people who waited that first Holy Saturday, the “Day of Waiting”

St. Ignatius of Loyola (1491 - 1556) was converted to Christ by reading Gospel stories that engaged his imagination. He developed a style of meditation that emphasized imagining yourself in selected Gospel texts.

Ignatian contemplation is a delightful approach to meditation. It’s similar to Lectio Divina in that you read Scripture by reflecting, listening, and responding. But it is distinctive in its focus on Jesus in the Gospels and its special use of imagination and the senses so that we hear, see, smell, taste, and feel everything in the passage. Ignatius’ approach moves gently and personally through seven steps:

### **1. Silence**

Quiet yourself and focus your conscious awareness on God’s loving presence.

### **2. Gospel Reading**

Read the Gospel passages below. Focus on the characters and notice details.

*Luke 23 : 44 – 56*

### **3. Pick a place in the story**

Read the passage again, this time placing yourself in the story. Stand in as one of the characters you identify with, be an observer, or a companion to someone in the story.

### **4. Petition**

Ask the Lord for what you need from him in your time of contemplation.

### **5. Enter the story**

Re-read the story. Use your all your senses – see, hear, touch, smell, taste – re-create the story with you in it.

### **6. Listen**

Stay in the story as you wait for God to show you (in pictures) or tell you (in words) what this passage means for you personally.

### **7. Respond**

Talk to God about what he’s revealed to you. Rest here for a few minutes. Continue by answering the questions for further reflection on the next page.

# Ignatian Contemplation

## Questions for Further Reflection

1. Who were you in the story?
2. Why do you think you were drawn to this character?
3. What specifically touched your imagination in this exercise?
4. What do you think God is showing you?
5. Thinking about these things, take time to journal, or creating something visual. Create something that allows you to capture what you have learned in response to this exercise. We are made in God's image, and we are creative by our very nature. Don't let the fear of being "artistic" hinder your creativity. Allow yourself the freedom to enter this additional time with the exercise.

I would love to hear your thoughts on this exercise.  
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